



**Indian Health Service**  
**2012 NATIONAL BEHAVIORAL**  
**HEALTH CONFERENCE**

**Welcome**

**Developing Effective Partnerships with  
Families and Youth**

*Lessons Learned in Tribal Systems of Care*

*Shannon Crossbear and Alan Rabideau*



*Mobilizing Partnerships to Promote Wellness*



# House Keeping

- Please be sure to sign in and out on the Sign In Sheets located near the entrance to this room.
- Please complete the evaluation at the end of this presentation.
- For more information on Continuing Education Units (CEUs), please visit the Registration Desk

# Comfort Room

- To promote wellness and self-care, a Comfort Room is available in Atrium Room 8 for your use.
- If you need further assistance, please visit the Indian Health Service Division of Behavioral Health booth.

# Our Collective Journey



# “Family Driven” means...

*Families* have a primary decision making role in the care of their own children as well as the policies and procedures governing care for all children in their community, state, tribe, territory and nation. This includes:

- choosing supports, services, and providers;
- setting goals;
- designing and implementing programs;
- monitoring outcomes; and
- determining the effectiveness of all efforts to promote the mental health and well being of children and youth.

## “Youth Guided” means...

- Youth Guided means that young people have the right to be empowered, educated, and given a decision making role in the care of their own lives as well as the policies and procedures governing care for all youth in the community, state and nation. This includes giving young people a sustainable voice and then listening to that voice. Youth guided organizations create safe environments that enable young people to gain self sustainability in accordance with the cultures and beliefs with which they identify. Further, a youth guided approach recognizes that there is a continuum of power that should be shared with young people based on their understanding and maturity in a strength based change process. Youth guided organizations recognize that this process should be fun and worthwhile

# Where we have been

- Efforts to include AI/AN populations have been minimal at best and for the most part ineffective in the past.
- Isolated in community based efforts
- Little or no mechanism for support of efforts
- Culturally incongruent efforts

# Progress on the path

- Gathering the voices: environmental scan
- Across systems and age group
- Self defined and self determined
- Creating culturally congruent structure for representation, resource sharing and support

# Where we are at

- The emergence of the Society of TRUTH
- Fatherhood initiative
- Second gathering: suicide prevention message
- Driven by Community Tribal Voice



# The emergence of the Society of **TRUTH**

## Vision

All American Indian/ Alaskan Native families have safe and healthy communities within which they can access information and resources needed to support personal choices, including indigenous ways of life, for healing and wellness.





# Society of TRUTH

## Mission

To provide a coalition of organizations and grassroots community members that is inclusive of all youth, family, service recipients and elders to share information, resources and most effective practices that support intergenerational healing while sustaining the health of our communities.



## On the path what are some progress markers?

- Active in the planning of their services and supports
- Becoming members of an advisory and advocacy councils
- Attending family support groups
- Co-presenting at workshops
- Attending trainings and conferences
- Promoting treatment by highlighting personal experience
- Participate in training partners

# In the service array?

## As technical assistance providers and consultants:

- Training
- Evaluation
- Research
- Support
- Outreach/  
Dissemination

## As direct service providers:

- Family liaisons
- Care coordinators
- Family educators
- Specific program  
Manager ( respite, etc.
- Youth Peer mentors

# Where we are going

- Guided by the emerging voice
- Building upon the opportunities shared
- Creating a culturally congruent way of measuring effective healing models and the critical role inclusion plays.
- Wellbriety Movement, Native Aspirations, others.

# Aim for the Four C's

- **C**onstituency representation
- **C**redibility in the community
- **C**apacity to engage others
- **C**ommitment to difficult work

# Where are you at now? how do you know?

## Tools

- Pathways NCTSN: assessment at individual, program and policy levels
- Family Networking Tool: examining existing family networks
- <http://www.tapartnership.org/SOC/> Family Assessment Youth Guided Assessment

## Financing to support voice at the service delivery level

- Supports for families and youth to participate in service planning meetings
- Paid family and youth advocates
- Training providers in how to partner with families and youth
- Financing services and support to families and care givers.

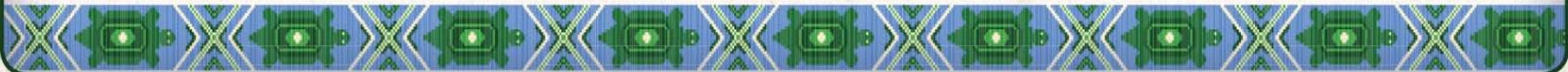
## Financing to support voice at the policy and systems level

- Contracting with family organizations or groups, including payment of stipends and supports, such as child care and transportation
- Financing training and leadership development to prepare families and youth for participation in policy making and systems management



# SCENIC LOOKOUT POINTS

- It is important to stop at lookout points that come along on your journey. These may occur when the right book comes along, a great web site is updated, or there is an opportunity for staff to immerse themselves into a good national conference or learning opportunity.



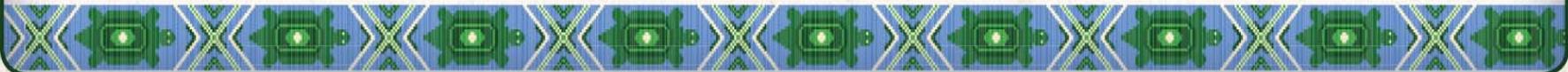
# REST AREAS

For safety sake, make frequent rest stops.

- **RELLECT:** Review CQI data;  
Check demographic changes;  
Check trends in children's mental health, politics, society, and the economy.
- **EVALUATE:** Community Self Assessment for Family Involvement; evaluate the family-run organization; evaluate programs and projects; evaluate staff; evaluate systems of care.



## **REST AREAS** (continued)

- **STRATEGIZE:** Begin and maintain updated Strategic Planning; drive decisions with good data.
  - **TARGET:** Next goals for tribal family and youth voice integrated in all child serving systems
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# Partnerships

- When we think about partnerships, we generally think about other systems and services and forget about partnership with the families and youth.
- Families are the common factors for all these services and can be the conduit for building connections between services and supports.

# References:

## Publications

- Cross, T. (2003). Culture as a resource for mental health. *Cultural Diversity and Ethnic Minority Psychology, 9*(4), 354–359
- Osher, T., Garay, L., Jennings, B., Jimerson, D., Markus, S., Martinez, K. (2011). Closing the gap: cultural perspectives on family driven care. *TA Partnership*. Can be downloaded from [http://www.tapartnership.org/docs/ClosingTheGap\\_FamilyDrivenCare.pdf](http://www.tapartnership.org/docs/ClosingTheGap_FamilyDrivenCare.pdf)
- First Nations Behavioral Health Association. (2011). Garnering the voices of American Indian and Alaska Native consumer, youth and families: Final Report to AFYA, Inc. Subcontract 3301-104-004

## Additional Resources

- First Nations Behavioral Health Association - <http://www.fnbha.org/library.php>
- National Federation of Families for Children's Mental Health- <http://www.ffcmh.org>
- National Child Traumatic Stress Network- <http://www.nctsn.org>



# Contact Information

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# Crisis Hotline Numbers

Suicide Prevention Lifeline Number:

- 1-800-273-TALK (8255)

National Domestic Violence Hotline:

- 1-800-799-SAFE (7233) or TTY 1-800-787-3224

National Child Abuse Hotline:

- 1-800-4-A-CHILD

Sexual Assault Hotline:

- 1-800-262-9800